

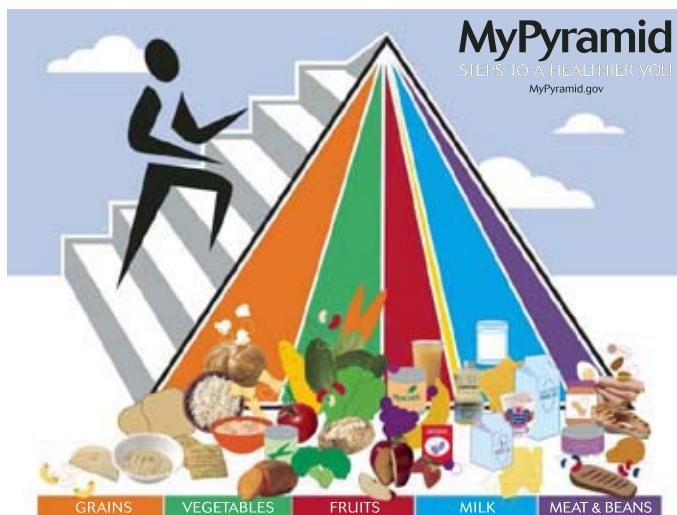
Search Your Shelf

Food and drinks are fuel for your body. All foods can fit into a healthy diet when you remember to eat with balance, variety and moderation and to stop when you are full or comfortable.

- Balance your diet to make sure you are getting all the important food groups.
- Eat a variety of different foods to help you get all the nutrients you need.
- Use moderation when choosing foods that are less nutritious.

Take charge!

The Search Your Shelf activity will help you identify where you could add more choices to some of the food groups or buy less of another group.



**This is a great family activity
— so get everyone involved!**

Directions for the Search Your Shelf Activity:

- Use the food pyramid below to identify the different types of foods you have at home and where they fit in the five major food groups.
- Take a look at what's inside your refrigerator and on your pantry shelves.
- On the back of this page, make a list of the foods and drinks you find at home.
- Next, match each item with its food group(s). Answer the questions that follow.

Questions:

- 1) Which food group has the most items?
- 2) Which food group has the least?
- 3) Looking at your list, are there any food groups where you could add more choices? If so, what will you add?
- 4) What food group is your favorite, and why?
- 5) What is your least favorite, and why?

Tips for Eating Smart

- Eat according to your hunger signals since they tell you when your body needs fuel.
- Eat slowly so you can tell when you are getting full.
- Breakfast gets you going in the morning and helps you think more clearly, play longer, feel good, and regulate your hunger for the rest of the day.
- Keep a variety of grab-and-go snacks like fruit, low-fat yogurt, whole grain crackers, and nuts to take on the run.
- Quench your thirst – choose water, low-fat milk, and low-calorie or no-calorie drinks.
- Make family meal time a high priority.
- Involve the whole family in meal planning, shopping, and cooking.
- Live an active lifestyle.

Grains	Vegetables	Fruits	Oils	Milk	Meat & Beans

List at least five items to buy next time at the grocery store to balance your choices.

1)

2)

3)

4)

5)